

Seasonality Guide

The Seasonality Guide shows when fruits and vegetables are readily available throughout the year.

Spring

apricots
artichokes
asparagus
avocados
bell peppers
collard greens
grapefruit
green peas
guavas
mangos
oranges
papayas
rhubarb
strawberries
Swiss chard

Summer

apricots
avocados
bell peppers
cantaloupe
cherries
corn
grapes
green beans
green peas
honeydew
mangos
nectarines
okra
papayas
peaches
pears
plums
strawberries
Swiss chard
tomatoes
valencia oranges

watermelon
yellow squash
zucchini

Fall

acorn squash
Brussels sprouts
butternut squash
chayote squash
cherimoya
grapes
green beans
honeydew
kiwifruit
okra
pears
persimmons
pomegranates
pumpkins
sweet potatoes
Swiss chard
tangerines
tomatoes
turnips

Winter

avocados
Brussels sprouts
chayote squash
cherimoya
collard greens
grapefruit
guavas
kiwifruit
mustard greens
oranges
pears
tangerines
turnips

Year Round

apples
bananas
beets
bok choy
broccoli
cabbage
cactus leaves
canned fruits and vegetables
carrots
cauliflower
celery
chili peppers
cucumbers
dried fruit
eggplant
frozen fruits and vegetables
garlic
green onion
jicama
kale
leeks
lemons
lettuce
limes
mushrooms
onions
parsnips
pineapples
potatoes
radishes
spinach
tomatillos
100% fruit juice
100% vegetable juice